



H. 62
F. 108

¶ A briefe Treatise, called
Caries farewell to Physicke: where-
in thou shalt find rare and speciall
helpe for manie com-
mon diseases.

¶ Herevnto also is to be referred a
gentle remedie against the Col-
licke: named *The Hammer for*
the Stone, by the same
W. C.

Ecclus. 30, 15.

Health and strength is above all gold, and a
sound bodie above infinite treasure.



¶ Imprinted at London by Hen-
rie Denham, dwelling in Pater-
Noster rowe, at the signe
of the Starre.

1583.

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Ep 16

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C 333



Carlisle

The Authors verse.

WHo liues in health, and dooth despise
The meane to keepe and gaine the same,
Let him be sicke, force not his cries,
His follie makes him too too blame;
Else pinch his purse, and teach him saie,
All physickes vaine, awaie awaie.

Shall he thats flush and fethered,
Saie moolting time will neuert bee?
The dolefull new dooth not he dred,
Who fores as high as thou canst see;
Mans state is fraile, Physicians loue,
Healch got they keepe, and greifs remoue.



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To the Reader.

EOr that I am now fullie resolved (gentle Reader) for sundrie causes to leaue the practise of Physicke, contenting my selfe, with that small portion, wherewithall GOD hath otherwise blessed me; I haue thought it my dutie to vse some meanes, whereby I maie either in like, or more ample sort (according to my poore talent) benefit my cuntry. Wherevpon I haue published this short worke, therein reuealing diuerse good and perfect remedies, for manie common and ordinarie diseases.

My meaning was not to write of all, but of those onlie, in the which I haue had greatest experience, And although both in the description (desiring to be more plaine) and cure thereof, I digresse somewhat from manie writers; yet I wish thee not rashlie to condemne me, But

A.iii. if

To the Reader.

if thou mislike anie thing herein con-
teined : write thy mind, and deliuer it
to the Printer, and I will be verie wil-
ling, by writing againe to satisfie
thee; or otherwise thankful.

lie to accept thine ad-
uice, and confesse
my fault.

FINIS.



My intention was not to write of all
out of the order in the which I have had
great experience, And although both
in the description (desiring to be more
plain) and yet that of I digress from
what I have written : yet I will
not be so rashly to condemn it.



Of a potion which is to
be vsed in sundrie
cures,

The first Chapter.

In this first chapter, I mind to speake of a potion, or purgation, which in sundrie cures, (as hereafter doth appeare) is to be vsed. And whereas nature hath brought forth purgers of diuerse kindes, according to the diuersitie of corruption in mans bodie; some purging one humor, some another, &c. I haue made choise of the best and safest, to be taken in euerie kind; also in such sort prepared and corrected them, as they shall be found verie fit, without all danger, paine, or vexation whatsoeuer, to answer the necessitie of such, whose bodie of anie manner of corruption require to be purged.

I first deuised this potion about eight
 yeeres since, and seeing the gentle wor-
 king and good successe thereof with few,
 I grew in further liking with the same.
 And thereupon hauing giuen it to ma-
 nie, and that in sundrie diseases, I found
 it to be of such excellencie, the vertue
 thereof so wonderfull, and so well plea-
 sing my patients, that I did preferre it
 before all the rest. For it cureth diuerse
 griefes of the head, also red and wate-
 ring sores eyes, it cleanseth the stomach,
 and cureth the hart-burning, it promo-
 keth a good appetite, and helpeth digesti-
 on, it is good against the rheume, the ob-
 struction of the lungs, the cough & short-
 nesse of breath; it cleanseth those, who
 are troubled with biles, scabs, itches,
 or such like; it cureth the collicke, and
 preuaileth greatlie against wind; it is
 good in the blacke & yellowe jaundise; it
 helpeth the inflammation of the liuer; in
 the Greene sickness it is a present helpe,
 and excellent against all feuers, and di-
 uerse other diseases. And to conclude,
 my long experiences hath so perswaded
 me of the goodnesse thereof, that I thinke

I should doe my countrie-men much wrong, if I should anie longer keepe from them so great a treasure.

The vse thereof shall be declared in euerie chapter, where I intreate of the diseases particularlie.

I haue dedicated my bill, for the making of the same, vnto Maister Graie Apothecarie in Fenchurchstreete; for that I haue made long trall of his honest and faithfull dealing; also of his excellent skill in his profession. You shall haue it for six shillings the wine pint.

It maie be kept good, and in perfect vertue three weeks, or a moneth, contrary to the nature of other purgers. If anie man mind to carrie it far, let him signifie so much to Maister Graie, that it may be prouided of purpose.

¶ Answers to such obiections, as may be made against the vse of this potion.

The second Chapter.

It will perhaps be objected against mee, that it is verie vnelikelie, that one medicine should be

4 Caries farewell

be good for so manie diseases.

To which I answer, that we haue re-
ceiued of our old and excellent writers,
diuerse confections, wherein are contei-
ned sundrie purgers; wherof some purge
fleame, some choler, and others melan-
cholie. So that I conclude, of necessitie
they are good in all flegmaticke, cholerike,
and melancholike diseases, which are in-
finite. And following their example, I
haue made my potion of like nature.

Further, th maye be objected, that
some require to be purged with strong
purgations; others with gentle: for
children; and they which are brought to
great weakenesse, either by age, or by
sicknesse, must be mildlie vsed: but o-
thers, as the person and disease require,
more roughlie. Wherefore, how can
one potion serue for both: Hath it two
contrarie natures: Is it both strong
and gentle?

I answer, that where the disease or
person require a strong purgation, I
giue it in the greater quantitie, and the
offener: but where a gentle purgation
is required, I giue the lesse, as hereafter
thou

both appeare.

3. Thirdlie, it maie be objected, that in some diseases, of the stomach especiallie, the patient is to be purged with pilles, electuaries, or such like; which being of more grosse substance than a potion, continue longer in the place where the corruption is, and worke effectually: whereas a thin potion slippeth a waie, leaving the worke undone.

I answer, when I prescribe my potion for purging the stomach, I wish my patient to take it one houre before he rise: for lying in his bed, it can not more suddenly passe the stomach, than your grosser sort of purgers, and then no doubt it will far excell pilles, electuaries, &c. For being a thin substance, it will beie easily ioine with the corruption, which it findeth in the stomach, and dissolve the same: whereas these grosser medicines require first to be dissolved themselves, which is no small trouble to nature.

4. Fourthlie, it maie be objected, that I prefer my potion before the receipts of diuerse excellent & famous men, which haue been alwaies esteemed euen as fathers

thers of Physicke.

I must needs confesse, that whatsoeuer I haue, I haue it from them. But notwithstanding, I hope no man thinketh nature barren, or that she hath spent hir selfe in our fathers, and left nothing for their children. I haue both read and practised, according to that which I found in these excellent men, and haue heerein onelie added to their inuentions. So that, if you receiue anie benefit by this potion, or by ought else which here you shall find, ascribe the honour vnto them. I craue nothing, but accept my labour as sufficient recompense for my paines.

Certeine obseruations.

The third Chapter.

If thou hast taken of my potion, thou needest not keepe thy chamber, nor house stricke, as in strong purgations; but maist walke abroad.

2 Thou needest not make anie curious obseruation of times for the taking thereof: onlie I aduise thee to so beare euerie change and full of the moone, in which are conteined the eclipses. For the eclipse of
the

the sunne, is but the change of the moone,
(although of more force than the ordi-
nary change) neither the eclipse of the
moone, other than the perfect opposition
or full.

3 It may be taken cold, of such whose
stomachs can not beare the sauour of
Physicke; but haue their natures glut-
ted with often taking of medicines.

4 If a child and an elder bodie be sicke,
both of one disease, in which the potion is
to be taken; let the child take lesse, & haue
fewer stoles; but the elder more. For as
a small vessell is sooner emptied than a
greater, containing a greater quanti-
tie: enen so is the bodie of a child sooner
purged, than the bodie of one of riper
yeeres; especiallie, for that in a child the
humours are more moist and fluxible.

5 They, whose bodies are full, and as it
were laden with corruption, shall find
wonderfull ease, if they take it ten daies
in the fall, and ten daies in the spring;
as also now and then one good-spoonfull
before supper, which will gather together
the reliques of digestion, with other cor-
ruption, and cause the patient to haue
the

the next morning one great scole.

6 Take some bzoth within two houres, or lesse, after the taking of the potion, or a calwdell, or some like sipping.

7 The patient ought not to sleepe, with in three houres after the taking of the said potion.

8 A child of three yeres old may take of it verie safelie.

9 If it offend thy taste, vse sugar, or wash thy mouth with wine, or some other like thing; which I referre to thine owne discretion.

10 If thy bodie be drie, and such as a purgation will hardlie worke withall; thou must take the greater quantitie.

11 If thy bodie be verie moist, and ouer apt to be purged; thou canst not take too little.

12 To find a proportion betwene thy bodie and the potion, take first three, foure, or five spoonfulls fasting, & marke how manie scoles that quantitie giueth thee. If it giue thee more than thou wouldest haue, take lesse the next daie; if it giue thee fewer, take more. By this meane, when I shall hereafter, in anie
disease,

disease, aduise thee to take so much as
thall giue the foure, fīue, or six stoules,
more or lesse, thou shalt be able, by this
rule, to prescribe thy selfe the quantitie.
But for the most part (thy bodie being
neither verie drie and melancholie, nei-
ther ouer moist and exceeding easie to be
purged) euerie good sponfull will cause
and prouoke one stoule.

13 During the time of taking the po-
tion, especiallie if thou take it long, to
cause a generall euacuation of thy bo-
die, abstaine from those things which are
verie hot; as wines, spices, salt, and salt
meats, &c. Also from all rawe fruits,
greene hearbs, and all cold things; or at
the least, vse of these as little as thou
maist. For thy bodie being emptied, it
is verie requisit thou make supplie with
those things, which are of good nutri-
ment, and fittest to breed good blood. For
otherwise, it is but vaine to take alwaie
that which is bad, & to fill the place with
that which is worse. Wherefore let thy
drinke be ale, thy bread of the finest of
good wheate, therof also eat verie little;
thy meates for the most part boiled, and
such

such as are fine and light of digestion.

14 In ante wislc read and marke well these rules, before thou take of the potion.

For the Headach, and for such as are much bound, and haue their excrement alwaies hard and drie; also for the swimming of the head, and for red and sore eies.

The fourth Chapter.

The Headach proceedeth of diuerse causes. First of heat, and chieflie of the sunne, which heateth the braine and bloud about the head; and this kind of Headach is said to be heat alone, without the mixture of ante humour causing the same.

2 The second kind of Headach (contrarie to the first) is of cold alone, and happeneth most to those, who hauing long vsed to keepe their heads warme, suddenly take cold. But because these two kinds happen seldome, also for the most part staie not long, and the causes being known, may easilie be prevented; I write nothing touching the cure of the same.

There

There are also diuerse other griefes of the head, but my intent is to speake here, onelie of the cure of those which folowe.

3 The third kind of headach is of fullnesse, when he partlie liuing in great securitie, some and some feedeth his bodie excessiuelie; euen vntill his eyes swell with fatnesse, and his whole bodie be puffed vp like a bladder.

4 The fourth kind is of corrupt humors, which abounding in great quantitie, are the verie present cause alone of the headach, without anie other accidentall matter.

For cure of this third and fourth kind take of my potion, so much as shall giue thee, foure, or five stoles in a daie, for eight daies or longer, vntill thy head and bodie be well emptied. In this sort shalt thou vse the potion for the cure of the swimming or giddinesse of the head, and for soze and red watering eyes.

5 The fift kind is of the fume of corrupt humors, and not of the humors themselves. For that the corruption lieth in the stomack, onelie casteth vp to

Caries farewell

the braine euill fumes, which offend the same, being of all other parts the most sensible.

For cure of this first kind, take of my potion so much as shall giue thee foure or five stoles a daie, for three daies, and keepe thy bed one houre after the same; but sleepe not.

6 There is also one other kind of headach, which proceedeth of the excrement, continuing ouer-long in the bodie, whereof I thinke it verie necessarie to speake. After thou hast receiued thy food, first nature sucketh from it that which is thin and pure, leauing the rest as grosse and corrupt. And if then it remaine longer in the bodie; the noisome fumes thereof (it being now an excrement, and hauing lost the nature of a nutriment) ascend vp to the braine, and cause the headach; also other wise (nature being as yet forced to feed therevpon) it greatlie infecteth the bodie. So that it is in reason a thing impossible for him to be long in health, who is much cōfined or bound in his bodie.

For cure of this sixth and last kind, take
for

for ten or twelue daies together, (or longer) euerie morning fasting so much of my potion, as shall giue thee one stoule a daie more than ordinarie. And when thou hast brought thy bodie to good order, take allwaie lesse and lesse: for by that means thou shalt toll nature on to do hir worke without helpe. And in anie wise remember, that euerie morning, both while thou bleest the potion, & afterward also, thou offer thy selfe to the stoule, although thou seele no prouocation,

For those that haue red faces, pimples, or other corruption rising iu their faces, and for the morpew.

The fift Chapter.



I may seeme verie strange, that one hauing all the rest of his bodie cleane, and his skin faire, (as often times it happeneth) should haue his face onelie, which ought to be the grace and beautie of the man, by corrupt bloud greatlie disgraced. The most common opinion is,

W.ij.

that

that it riseth of the inflammation of the liver: which in manie I thinke to be the onelie cause. But some haue it from their parents, and others by ouer-much drinking; and others, which are verie shamefast, and their blood somewhat corrupt withall, in this sort. The blood in them hath often recourse to their faces, and commeth alwaies as a witnesse to testifie of matter in question, and passing awaie againe suddenlie, leaueth euer some grosse corruption behind, which nature after dooth expell in the place where it was left.

For remedie in this grieve, I haue sought manie things; but untill of late I neuer found anie which I did account of. And this yere I made an ointment, which without question is of wonderfull force against the same; you shall haue it made by Maister Graie, for foure shillings the ounce, it is thus to be used.

Euerie night, when thou goest to bed, annoint the places where the pimples or corrupt blood lieth, lightlie ouer with the ointment cold. Thou maist do it most

con

to Physicke.

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conuenientlie with the top of thy finger,
& in the morning moisten thy face with a
little new milke, and wipe it : vse this
order , and in short time thou shalt be cu-
red . This is also good for the Morphew :
for it purifieth and cleanseth the skinne
marnellouslie . But it is verie requisite
for thee, to take of my potion three or four
daies befoze thou vse the oile ; so much
as will giue thee three stoles a daie.

For those that are troubled with biles,
itches, scabs, and such like.

The sixth Chapter.

Some by nature from their
parents , some by long and
euill diet , others by compa-
nie haue their bodie incli-
ned to biles , scabs, itches, and such like:
all which I will teach thee to cure, euen
in as perfect an order as thou maist
wash a sowle vessell with faire water.

Take of the potion, so much as shall
giue thee foure stoles a daie , for three
daies.

B. liij.

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The fourth daie take of the roots of the white vine, which thou shalt haue at Graies for twelue pence the ounce, and boile halfe an ounce thereof, and one whole mace in a pint of ale gentlie halfe an houre: then ad thereto a little sugar. And let the patient drinke a good draught thereof warme, and keepe his bed, and sweat threë hours; and during his sweat, now and then let him take more of his ale, vntill he haue taken the whole pint: but if it be a child, lesse; as the age doth require. Use this order threë daies together, and longer, if the disease haue bene of long continuance.

☞ Note, that in sweating, the patient must rub his bodie with warme cloaths, to take awaie such corruption as cometh out by sweating.

☞ Note also, that by this means thou maist preuent the pockes and mezels in children, and others, in such sort, as they shall be as vnapt to take them, as they which haue had them.

For those that are full of fleame, also for
the cough and shortnesse of breath, for
such as haue taken an heat and cold,
and for those which are towards
the consumption of the lungs.

The seventh Chapter.



They, whose bodies are full of
fleame, & haue their lungs
stuffed with the same, or o-
ther corruption; so that ther-
by they are troubled with the cough, are
thus to be cured.

Take of my potion for three daies eue-
rie morning fasting, so much as will
giue thee foure or five stoules a daie: for
thereby thou shalt find thy bodie brladen
of much fleame.

Then take one handfull of the hearbe
called Tussilago, or otherwise, Vngula
caballina, Lickerish scraped and brused,
two ounces, Anisseed brused halfe an
ounce, Alsop foure branches: boile these
in three pints of water gentlie, vntill
halfe be consumed, then straine and put
thereto three ounces of sugar, or sugar
candie,

candle, which is better. Drinke hereof a reasonable quantitie, well warmed euerie morning fasting, for ten daies after your purging, or longer: for it will cause the fleame to come vp easilie, and is a wonderfull preseruatiue for the lungs, keeping them from putrifaction.

But otherwise, if you will haue a thing of like or greater vertue, also more readie, more pleasant, and which will last longer in perfect force; take the things aboue mentioned, in such quantities as befoze: that is, of the leaues of the Tussilago one handfull, Lickerish scraped & brused two ounces, Aniseed brused halfe an ounce, Slop foure branches, and of the herbe commonlie called Rosa solis, halfe an handfull. Steepe these in a quart of verie good malmesie, and let it stand in a reasonable heate by the fire side, close stopped xiiij. houres or more. After take it from the fire, and when it is almost cold, straine it, and put thereto a pound & a halfe of fine sugar well beaten, and then let it stand in as gentle an heat as you can, vpon a chafingdish with embers, in a faire pewter vessell, vntill it be

verie

berle thicke, alwaies stirring it now and then: it will be well in eight or nine hours. But if thou wilt haue a certeine rule when it groweth to be thicke, drop two or three drops on a cold pewter vessel: and if when it is perfect cold, it be as it were a gellie, and will not run; then it is well. Keepe it in a gallie pot close stopp'd, somewhat neere the fire.

For the cough, thou shalt vse it in this order. After purging as before, clarifie a draught of ale, and put to it a spoonfull thereof, and drinke it warme & fasting: fast one houre after it, and vse it often.

If anie man be sicke of anie disease, wherein he is also troubled with fleame; let him take now and then a little hereof vpon a kniues point, and hold it long in his mouth: so that it mealt downe some and some. For thereby the fume thereof, and part of the substance will passe with the breath into the lungs, and lose the fleame.

For those that are troubled with the shortnesse of breath, hauing their lungs drie; so that it is a continuall labour for them to fetch their wind: it is good first
to

to take of my potion, now and then for a daie or two, as much as will giue them three or foure sholes at a time; and afterwards to vse the medicine before rehearsed made with malmesie, in this order following.

Clarifie a draught of ale, and put therein the yelke of a new laid egge, and one spoonfull of the medicine, when you are readie to take it from the fire; and let the patient drinke it fasting, and fast one houre after it.

Although thou haue been troubled with this grieue manie yeares, yet if thou vse this medicine, it will moisten and open thy lungs or lights, and cure thee. Thou canst not vse it too long, for it is both a nutriment and a medicine.

In this sort also shalt thou greatly ease them, which are entering into the consumption of the lungs. But if so be they will be cured, they must withall abstaine from all spices, wines, and salt meats, which fret or inflame their bodies. Also they must haue a great care, that they vse no violent exercise to over-heat their bodies; and that in coughing they

straine

straine their lights as little as possible may be, least by violent coughing they teare them. Cheese, nattes, and all rawe fruits are verie euill for them. They can not haue too great care in their diet and vsage. For this disease is verie hard, and almost impossible to be perfectlie cured.

If anie man, by vehement labour or exercise, heat his bodie excessiuelie; and during his heat, either by drinking, by rest, or other means, suddenlie coole him selfe extreamelie; for the most part he falleth sicke vnto death: and if he scape, yet he remaineth weake and sicklie during his life. For nature misliketh nothing more, than a sudden passage from the one contrarie, which is extream heat; vnto the other, which is extream cold. Now, if the partie thus heating his bodie, doe keepe himselfe so warme, that he abate the extremitie by little & little; vntill he come to that state, in which he was before his heate: then he falleth not sicke, neither doth nature complaine at all, Whereupon I thinke by great reason, and I am sure by long experience I may conclude, that the best meane to
cure

cure a man in this extremitie, is to bring his bodie orderlie backe againe to the like heate, in which it was when he tooke cold; and to suffer the same, some and some, as it were by degrees, to passe awaye. Which thou shalt doe in this order.

Take a pint of ale, clarifie it, and dissolve therein as much treacle as a walnut, and a spoonfull of the medicine before rehearsed, made with malmeise. Let the patient drinke a good draught hereof warmed fasting, and keepe his bed, and sweate foure or fife houres after it; and during his sweat, now and then let him take of the ale thus prepared, untill he have taken all. If it be a child, lesse quantitie will serue: and in anie wise abate his sweat verie gentlie, and beware he take no cold. For three mornings following, let him take one draught of the like two houres before he rise, and keepe his bodie warme without sweating.

¶ Note, if in the beginning of his sickness, thou vse the order taken for the first daie, he will presentlie recover. But if he have bene long sicke, and so weak that

that he be not able to sweat as before,
there is no hope of life.

Note, that if the patient be much
bound; I wish thee to giue him five or
six spoonfulls of my potion, to ease and
disburden nature: and let him drinke
oft mild and thin broath warme.

For a surfet by ouer-eating.

The eight Chapter.



When any man, either by long
fasting, being verie hunge-
rie, or otherwise, comming
to such deintie meats as he
is not vsed vnto, eate ouer-much, and
cloyeth nature; she refuseth to digest at
all: like as one seeing a burden too hea-
uie for him to beare, doth not so much as
once offer to lift it.

This grieffe is in quantitie of things
taken. But there is also the like in the
euill qualitie of meats, although they
exceed not in quantitie, as in eating of
fresh herrings, fat pies, pie-crust, beanie
cake-bread, and such like: whereof ea-
ting but so much, as may well be eaten

of

of better meats, oftentimes groweth
great sicknesse.

For cure, if the patient complaine, as
yet the cause or matter of his griefe be-
ing in the stomach; giue him a draught
of water as warme as milke from the
cow, with two spoonfulles of sallet oile,
which will cause him to vomit: but if it
wooke not quicklie, let him helpe it with
his finger, by offering it to his throte.
And after his vomit, giue him three or
four spoonfulles of a caldell, or some
broath reasonable hot; and let him haue
great care of his diet, for fīue or six daies
following: first, that he eat nothing but
what is warme and easie to digest; next,
that he eate not at anie time much in
quantitie.

But if the matter passe the stomach,
with verie slight or no digestion, so that a
vomit will not pleasure him; giue him
a draught of sacke fasting, well burned,
putting thereto as much treacle as an
hazell nut, and sugar as you thinke suf-
ficient; and let him keepe his bed, and
sweat foure houres, more or lesse, as you
thinke good, according to the strength of
the

the patient : and in his sweat now and then let him take ale clarified with a litle mace, wherein also dissolve some sugar. For thus shall you make perfect digestion, through the whole bodie, of that whereof he did surfet.

For the hart-burning.

The ninth Chapter.



Thinke it good, together with the multitude, to content my selfe with the ordinarie name of this disease, which is, The hart-burning; although it be a disease of the stomack, and not of the hart. They which are troubled with this grieve, are for the most part at ease, after they haue eaten: but when their meate is digested, they feele a continuall heate in the mouth of their stomachs; they often belch, and haue a continuall readinesse (as it were) to vomit. In some it is of long continuance, in others it riseth vpon euerie light occasion, especiallie by eating of fat, salt, and cholerike meates.

As

As touching the cure, first I wish thee to marke verie diligentlie, after what meats thou art most troubled with this disease, and to forbear the same. For assure thy selfe, that they are verie vnfit to make good bloud, or otherwise thy nature hath some speciall dislike thereof. I wish thee also to take this for a generall rule, that what grieffe soeuer thou maist helpe by good diet or abstinence; in anie wise take no physicke for the same.

But if thy long euill diet hath laden thy stomack with hot, salt, and cholerike humors, which cause the hart-burning; then take of my potion for three daies euerie morning, so much as shall giue thee foure or five stoles. So shalt thou cleanse thy stomack perfectlie, which is a verie sufficient and perfect cure.

For those which vomit continually after meat.

There are two speciall causes of this disease. The one is, when the first veines, which receiue the nutriment from the stomack, are stopped. The other, when the bodie is long bound, and the excrement

ment verie hard ; so that the patient
goeth scarfelie once in ten daies to the
stole . In some it groweth to such extre-
mitie , that they neuer go to the stole ;
but that which remaineth after digesti-
on, passeth from them by vomit.

For cure, take foure spoonfulls of my
potion fasting , and if that worke not,
take more the next daie ; and so forth, al-
waies increasing the quantitie , untill it
worke.

The next daie after it hath wrought,
boile a pint of good white wine , with one
handfull of parscleie , a quarter of an
houre or better : then straine it, and put
therto a little sugar : and let the patient
drinke a reasonable quantitie thereof
warne, and keepe his bed , & sweat thre
houres ; and during his sweat , let him
take now and then more of the same, un-
till he haue taken all.

Afterwards , let him take fasting , so
much of my potion as will giue him one
stole a daie . This he must continue in
such sort , that he suffer not his extre-
ment to staie long , or to dye in his bo-
die ; but that he be alwaies soluble.

Note, the white wine thus prepared, together with the sweating, openeth the first veines, and maketh good passage into the bodie. The purging dissolneth, and draweth downe the excrement, and some and some bringeth nature to hir vsuall course: also cleanseth the stomach of such corruption, as happilie is some cause of the grieve.

For those that haue no appetite to meate.

The tenth Chapter.

There are diuerse causes of this disease: but I will rehearse onelie two, which are most vsuall. The one is, when the first veines doe not sucke, which is their naturall action, whereby they receiue food for the whole bodie; and this is found in men of diuerse constitutions. The other is proper vnto fat and grosse bodies, which are alwaies stuffed (as it were,) and so full, that nature seemeth contented with that she hath, and hath little desire of more.

For cure, take of my potion euerie daie as much as will giue thee two or three stoles, and in few daies thou shalt feele thy selfe exceeding hungrie.

¶ For those, who are troubled with the gnawing of the stomach or guts; also for the collicke and wind, and all corruption which causeth wind.

The eleuenth Chapter.

These griefes rise of such corrupt and slimie humors, as cleaue to the inner part of the stomach and guts, and are thus verie easilie to be cured.

Take of my potion so much as shall giue thee three or foure stoles a daie, for five or six daies, more or lesse, respecting the age & bodie of the patient. For when his stomach and guts are cleansed, he is verie perfectlie cured. Then learne to auoid all windie and slimie meats, whereby thou shalt be able to prevent these diseases.

¶ For the Rheume.

The twelſe Chapter.

For the Rheume I chieſſe preſcribe thee theſe rules following; for that the cure thereof conſiſteth moze in the patients owne good gouernment, than in much taking of phyſicke.

The firſt rule.

Uſe labour and exerciſe: for thereby thou ſhalt ſtirre by naturall heate, and conſume the wateriſh humoꝝ, which cauſe the Rheume. This is the chieſe and principall meane, both to prevent and cure this grieſe. Which dooth appeare maniſeſt lie; firſt, for that they, who labour much, are neuer troubled with the Rheume. Next, that ſtudents, and ſuch as be little ſtirring or motion of their bodies, are moſt ſubiect thereto: for while they ſit ſtill, the outward parts of their bodies are cold; ſo that their blood, togiſther with other humoꝝ, remaine within. Neither haue they anye ſuch euacuation by the pores, as nature requirereth,

reth, to consume the Rheumatike humors, which then seeketh another vent: and either the patient is forced to spit it out, or else it runneth out at his nose, or thirdlie, it lieliie trickeleth into the lungs.

The second rule.

Feed most vpon hot meats, and especiallie such as are well roasted: for hot meats warme the stomach, and stirre vp naturall heat through the whole bodie, which digesteth the humors; chieslie, if at thy meat thou talke and be merie.

The third rule.

Keepe thy head and necke warme, and thy feet drie.

The fourth rule.

Drinke little, and touching thy drinke also, obserue these rules following.

1 Let thy drinke be reasonable strong, and not small in any wise: for the smallest drinke is most waterish. And if thou take of that continuallie from time to time, which yeeldeth alwaies new matter of thy disease, it is verie hard for thee to haue helpe.

2 Either drinke not at all, or verie

C.iii.

little

little toward the end of thy meales: for
so shalt thou suppress the moisture, which
otherwise would ascend.

3 Let not thy drinke be ouer stale,
sower, or sharpe.

4 Drinke not white or Rhenish wine.

5 If thou drinke Claret wine, first
looke it be no small or hedge wine; next
take it well sugered, and in the midst
of thy meat one draught.

There are diuerse other rules, but I
will not perswade thee to anie curious
observation of the same: yet will I re-
hearse them, least I should seeme either
to be ignorant thereof, or otherwise to
contemne that which is allowed of the
learned.

The sixt rule,

6 Fast and watch. The reason alledged
is, that both these drie the bodis. But
these alone being obserued, rather hurt
than helpe. Whereof I take witness
of earnest students, which rise earlie, fast
long, eate little, and sit vp late; yet most
troubled with the Rheume of all others.

The seuenth rule.

7 Keepe thee in a warme aire,

The

The eight rule.

8 Hold thy breath hard now and then, which forceth the bloud to the outward parts of thy bodie, and turneth withall the course of the Rheumatike humors.

The cure.

Now, to helpe those which after wards by these rules meane to continue their health themselves, (for otherwise it is but vaine to seeke helpe.) First I wish them to take of my potion two daies, and so much at a time, as will giue them six or seuen scoles. The third daie to wards bed, burne a good draught of sacke, with a branch of rosemarie; & when you haue done burning of it, presentlie bryue it with a good quantitie of sugar, and the yolke of a new laid egge. And let the patient drinke it in bed, & keepe his bodie verie warme all night: for so shall he digest and consume the Rheumatike humors. Use this three nights together.

Note, if he be a thin leane bodie, and full of bloud, either delaie the sacke the better with sugar; or vse ale in stead of sacke, least the sacke inflame his bloud.

For

For the yellowe Iandise, and stop-
ping of the liuer.

The 13. Chapter.



The yellowe Iandise procé-
deth of choler, mixed with
the blood, and therewith al-
so dispersed ouer the whole
bodie. There are diuerse causes of this
disease, which make diuerse kinds therof.

1 The first kind is by the biting of
some venemous beast, whose poison ioi-
neth with the blood, and maketh the
same cholerike.

2 The second kind is chiefe in the
declination, or going auaie of an hot
Feuer: for when nature hath got the vp-
per hand, she disperleth the yellowe cho-
ler, which was the matter of the Feuer,
and driueth it out of the bodie, by vrine,
by stoule, and by the pores; which are the
three speciall and most naturall means,
therby she emptieth the body. So that in
this kind, the skin, which is full of pores,
or insensible holes, the vrine and excre-
ments

ments of the patient are verie yellowe.

3 The third kind is through the inflammation of the liuer, which being ouer hot, worketh too vehementlie vpon the nutriment which it receiueth, and conuerteth it not into good bloud, according to his office and dutie : but it selfe being dissempered into a matter of like heat, which is choler, or rather verie cholerike bloud.

4 The fourth kind is through the weaknesse of the gall, which is not able to sucke or draine from the liuer the cholerike humors; but suffereth them together with the bloud to passe into the bodie : which thereby is coloured yellowe.

5 The fift kind is through the obstruction or stopping of the vesselles, that are betwene the liuer and the gall; which being stopped, the choler cannot passe into the gall, but is carried with the bloud into the bodie, and staineth it.

6 The sixt kind is through the obstruction of the passage, from the gall, into the bowelles; so: that being stopped, the gall is not able to emptie it selfe. But the choler is repelled, and passeth backe
into

into the bodie, which other wise should colour & staine the excrement yellowe. In this first and last kinds therefore, the excrement of the patient is white; also he feeleth an heavines in his right side.

These two last kinds of Fandise are most common, which are thus to be cured. As for the rest, I write nothing. For (to confesse a truth) since I knewe the vse of the roote of the white vine, other wise called Brionia, I neuer vsed other meane to cure the Fandise.

Whereby I gather, that either altogether, or most commonlie, the grieve riseth of obstructions. Take of the roots of Brionia halfe an ounce, & of parselie halfe an handfull: boile this verie gently in a pint of white or Rhenish wine, halfe an houre, close covered; then straine it, and let the patient drinke a good draught thereof resonable hot, fasting, and keepe his bed, and sweat three or foure houres, as the continuance of his disease doth require, & his strength will permit, which I referre to his owne discretion. And during his sweat, let him drinke of the rest, untill he haue taken
ken

ken all . And if he desire to drinke yet more in his sweat , giue him ale clarified; putting thereto one whole mace, and a little sugar.

¶ Note, the more he sweateth & drinketh; the more the vesselles stopped are opened, the matter digested, and his Iandise the sooner cured.

The next daie take so much of my portion, as will giue thee seuen or eight stoles; for thy sweating doth but open the vesselles, and digest the corruption which lieth in them: but the purging doth take it awaie. It were also more agreeing with physicke & reason, if thou purge a little, before thy sweating, to cleanse thy stomach and guts; leass such corruption as lieth there, be caried into the bodie. But in the meaner sort, who euer doe expect sudden helpe, I haue often omitted the first purging; yea, and sometimes also, they feeling ease, haue neuer sought for the second.

¶ Note, if the Iandise in short time after shew not it selfe perfectlie cured; let the patient sweat againe as before.

¶ Note also, hereby thou shalt cure the obstruc-

For the blacke Iandise; for the hard-
nesse and swelling of the splene
or milt, also for the Piles.

The 14. Chapter.



Like as the yellowe Iandise
procedeth of choler; so the
blacke Iandise of melanco-
lie, which ioining with the
bloud, is dispersed ouer the
whole bodie. It is knotone by diuerse
signes, but chieflie by this, which will
serue for all. They that are troubled with
this disease, haue alwaies drie, withered,
and blacke bodie. It is verie hard to
be cured, and requireth great diligence
of the patient: for melancholie is a verie
stubborne humor, and (without great di-
gestion) will not yeld to anye purgati-
on whatsoeuer.

For cure, take Ceterache, the in-
ner rine of the ash, the roots of the white
vine, parsellie: of each foure ounces.
Boile these gentlie in three gallons of
whete clarified, one houre at the least,
and

and being cold, keepe it in some cleane
vessel, vntill the same be well settled.

Take hereof well warmed a great
draught or two, euerie morning fasting;
for thou canst not take too much: and
walke after it, vntill thy bodie be hot;
or else vse some other exercise, to stirre
thy bloud, that the wheie may be the bet-
ter dispersed within thy bodie. Take it
at the least thirtie or fortie daies toge-
ther, especiallie in the Spring and Fall.
But alwaies remember to take so much
of my potion with thy wheie, as will giue
thee dailie one stoule more than the or-
dinarie.

☞ Note, that the wheie thus prepared
doth digest, some and some the melan-
cholie; and the potion doth take it awaie
from time to time, as it is made fit to be
purged.

☞ Note also, that it is good for thee to
annoint thy left side about the girdle-
stead, where the splene lieth, with oile of
wormewood warmed, or oile of Brionie,
which is far better.

☞ Note thirddie, that in this sort thou
maist cure the swelling and hardnesse

Caries fare well
of the spleene; also the Piles, or Hemor-
rhoids.

For the greene Sicknesse.

The 15. Chapter.



His disease happeneth, when
the liver is so weakened, that
it is not able to convert the
nuttiment into blood; but
the digestion thereof is so rawe, that the
whole bodie is filled with water, and
fleame, in stead of good blood. It is found
most in maidens, who either of follie de-
sire to abate their colour, and to be over
fine; or otherwise of childish appetite feed
upon such things, as change the state of
their bodies; which are these: apples,
peares, plummes, cherries, and general-
lie all rawe fruits and hearbs; also, ote
meale, wheat, barlie, rawe milke, and
manie other things of like nature.

They that haue this disease, are verie
pale and greenish: if they chance to cut
a finger, no blood, but water will rather
followe. They feele a great paine in their
heads, with a continuall panting, or
beating. They are faint also, with short-
nesse

nesse of breath, and haue their naturall course staied.

For cure, take of my potion, for foure or fve daies, euerie daie so much as shall giue thee fve or six stoles. The next daie after thy purging, boile halfe an ounce of the roots of the white vine, in a pint of ale gentlie, a quarter of an houre, & drinke a good draught thereof, & keepe thy bed, & sweat three or foure hours, more or lesse, as the body of the patient will beare: and in thy sweating, drinke of thy ale now and then, untill thou haue taken all.

The daie following, take a good draught of thy ale in like sort prepared, one houre before thou rise, and keepe thy bodie warme without sweating; vse this last order twelue daies. But it were farre better to walke after thy draught, or to vse some other exercise for one houre, to heate and stirre the humors in thy bodie. Use good diet withall, and thou shalt haue verie speedie, and also perfect health.

For the quotidian Ague, which cometh euerie daie.

The



TAke Centurie, Borrage, and
Betonie, of each three hand-
fulles, Fumiterra one hand-
full, Iule berries one pint.

Chop all these verie finellie together, and
put them into a faire Stillatorie, with one
pint of white wine, and distill them with
as gentle a fire as is possible, untill thou
haue all the water, which keepe in a glasse
close stopp'd with yellowe wax.

For the quotidian Ague, let the pati-
ent take seuen or eight spoonfulls of this
water warmed, two houres before his
sit, and keepe his bed, and sweat three or
foure houres; and in his sweating, let
him drinke ale clarified reasonable hot,
now and then, and into euerie draught
put two spoonfulls of the water.

The next daie in like order two houres
before his sit, get him into a sweat; and
do in all things as before.

Note, that the water is more per-
fectlie made if the things be first digested
in a close vessell, in Balneo Mariae, or Fi-
mo equino.

Note, that these things orde rite down,
and

and the patient well kept from the aire;
the Ague is cured in two daies. But if
by some ouer-sight, it change to conti-
nue long, beginne againe, and vse the
like order for two daies as before.

Note also, it will be more easilie
cured, if thou purge before thy sweating,
with so much of my potion as will giue
thee five or six stokes.

For the quartan Ague.

The 17. Chapter.

The quartan Ague is a dis-
ease so hard to cure, that it
hath bene alwaies account-
ed the reproch and shame of
the Physicians. For it resisteth the force
of all their vsuall medicines, and dooth
in despite of them triumph ouer their
patient. Wherefore I shall now take a
hard matter in hand, and I knowe my
slender receipt shall be greatlie suspec-
ted, for the working of so rare an effect.
But notwithstanding, being greatlie
encouraged by experience, and reason

D. f.

hic

hy god Ladie and gouernesse; I will
boldlie proceed herein.

Take on thy two good daies, euerie
daie so much of my potion as will giue
thee six or seuen stoles: the third daie,
which is thy fit daie, passe over, as thou
thinkest good; for I prescribe thee no-
thing.

The fourth daie, take of the water,
whereof I spake in the chapter before, a
reasonable draught warmed, earlie, and
keepe thy bed, and sweate moderatlie fise
or six houres; and during thy sweate,
drinke now & then ale clarified warme,
and into euerie draught put three spoon-
fulls of the water. Use this order foure
daies together.

If the quartan forsake thee not in that
time, (which I thinke almost impossible)
vpon thy next fit daie, two houres before
thy cold, take the like quantitie of the
water as before, and sweate untill the
time of thy cold be past; and in thy sweate
drinke ale clarified, as before also. Use
this order three times, onlie vpon thy
fit daies.

After thy fits haue left thee, take ten
daies

baies together of my potion, so much as will giue thee daillie two stoules.

Note, that this water being dispersed in thy bodie, by naturall heat stirred by in sweating, doth in wonderfull sort ripen and digest the matter of the quartan Ague: so that it far excelleth all the preparatiues of the world. For thereby alone I haue cured manie, without purging; but it is far better to purge.

For the tertian Ague, which cometh euerie second daie.

The 18. Chapter.

TAke of Centuarie six handfulls, Endiue twelke handfulls. Distill these with a verie gentle fire, and keepe the water close stopped in glasse; but let the glasse be but halfe full, for so it will keepe the better.

For cure, first let the patient take so much of my potion, as will giue him five or six stoules on his good daie: the

next daie, two houres before his fit will come, giue him a reasonable draught of the water warmed well, and let him keepe his bed, and sweate thre or foure houres. And in his sweat, let him drinke ale clarified; and in euerie draught of ale, put two or thre spoonfulls of the water. Use this order also the second fit; and thou shalt giue the Feuer such a checke, that it dareth not assault the patient anie more.

Be carefull, and thou maiest cure manie extreme hot Feuers with this water, even in one fit. But after the fits be gone, purge; and so shalt thou deale verie orderlie.

For the Plague,

The 19. Chapter.



There bee thre speciall causes of this disease. The first is the iust iudgement of God, for the sinnes of the people: and herein I consent with the Diuines, that in this case the plague cometh as it were by

by the commandement of God; & then in vaine worketh the policie of man vnto health, where the power of the almighty worketh to destroye. Wherefore repentance, and amendment of life is the onelie salue for this soze. Yet withall, for that we are ignorant of the determination of God; I wish no man to omit such naturall meanes, as he hath provided for preservation of our naturall bodies; least thereby he tempt God.

The second kind proceedeth of the corruption of the aire, which is of two sorts; the one generall, the other particular. The aire is generallie infected, by the distemperature of the heauens, which thou shalt knowe in this sort. The weather is long darke, cloudie, foggie, stifeling, verie hot and moist: also our bodies faint, we loath the breath we drawe, for it bringeth a most sensible and present offense; it is hard to keepe flesh sweet; little frogs and toads, also flies, lobchessers, and worms of sundrie sorts, (such as commonlie proceed of putrefaction) doe greatlie abound: and to conclude, the heauens doe as it were refuse

to drawe the corruption from the earth; but rather seeme to yeld downe againe such as they had taken abwaie before.

The aire is particularlie infected, by the saour of dead carcases; as it happeneth oft in battell, where manie are slaine, and lie vnburied: which infecteth the particular place, onelie where the bodies lie; also, by the euill and putrified saour of a fen or marshy ground, or such like.

And further, by the breath and saour of the bodies of such, as thong together in a stifeling sort, especiallie in some close or stuttysh place. As it happeneth (no doubt) often in London, and such like cities of great resort; that manie lodge together in one small roome, hauing perhaps as manie beds as the place will well containe. And then, after one houre or two, how may anie of these drawe fresh or sweet breath; but such as his fellows haue drawne often before, as also the ranke summe of their bodies: Both which are so contrarie to nature, that some and some with continuance, they breed such infection, as bursteth out to the plague.

The

The third kind of plague riseth of the corrupt humors in mans bodie, by euill diet ingendred.

To prevent this heauie grise, first I wish one old order to be renewed; which was, to make fires in all great cities and townes in the open streets, upon certaine daies euerie yere; which no doubt both greatlie cleanse and purifie the aire. And although this order was diligently obserued by the followers of the Pope; yet I thinke they did it rather of policie, than of religion, and therefore being good, it is not to be reiected.

Secondlie, I thinke it verie necessarie for citizens, and such as liue in a close aire, now & then to assemble themselves together in the fields, in some sweet and open place, there also to vse moderate exercise; which will greatlie purifie their bobbies: and in the meane time to leaue a good huswife at home, to see the house made cleane and sweet, by sweeping, by strowing good herbes, by airing the bedding, by opening windows, to let fresh aire into euerie roome, &c.

Thirdlie, I wish that through all London,

don, in utterie ward, there may be cert-
teine appointed to see, that no house, or
rome within anie house be ouer-pestes-
ted with lodgings or people, and to drine
out of the citie, such as vpon examina-
tion they shall find to be vagabonds, or
vnnecessarie members. For this is no
lesse requisit for such a citie, than a pur-
gation for him, whose bodie is full of cor-
ruption.

For cure, take Endiue water a quart;
Centuarie water a pint; Iute berries,
halfe an handfull brused. Boile these to-
gether gentlie a quarter of an houre, and
when you take it from the fire, dissolue
therein as much treacle as a nut, and a
little sugar, also put thereto three spoone-
fulls of vinegar.

As soon as euer the patient dooth come
plaine, and nature being yet strong,
giue him fasting one good draught there-
of warme, and let him keepe his bed, and
sweat ten hours, or lesse; as the strength
of the patient will beare. And in his
sweating, giue him now and then ale
clarified, and into euery draught put
two or three spoonfulls of the decoction.

When

When he riseth, giue him some broth, not made ouerstrong, neither with much spice; and be verie carefull to keepe him from the aire. This decoction thus vsed, will either force out the soze: or else, if the patient sweat thoroughlie well, cure him without anie soze. And if thou find he be not greatlie eased within eight houres after his sweating, the next daie vse the like order.

But whereas, in this, and diuerse other diseases, heretofore I haue prescribed the patient to drinke in his sweating; I knowe it doth not agree with manie wri- ters: neither doe I take it to be absolute- lie good, but herin rather I admit a small euill to auoid a greater.

¶ For the Crampe.

The 20. Chapter.



Or the Crampe I wish you to vse Vnguentum Brionia, by which name aske for it of Maister Graie. Masse it well, and annoint the place where you are commonlie troubled. It is a verie pre-

present helpe; once or twisse annointing
will serue for a long time.

This is also of marvellous force for si-
netoes that are thronke, & stiffe ioints:
and good for those, which haue their faces
braine awoie, or anie other conuulsion;
it is at six pence the ounce.

For burning and scalding.

The 21. Chapter.



Take of your ordinarie graine
sope, and annoint the place
burned or scalded presentlie:
once annointing will serue,
if you take it as soone as it is done, both
to take awaie the fire, and to heale it,
without anie further matter. Assuredlie,
it far excelleth all other medicines. I
haue often seene such helpe hereby onlie,
as before I thought impossible. But if
it be not within a quarter of an houre
annointed with sope; then take gosse
grease, which hath bene kept from salt:
for it must be such in anie wise, and an-
noint the place therewith well warmed
twisse

twisse a daie; for this alone will heale it,
and so, that it shall neuer be seene, except
it be burned verie deepe.

For a fellon and whitblowe.

The 22. Chapter.



Take wine vinegar, & wheat
branne; boile them together
in such quantitties, as you
thinke good, till it be thicke,
alwaies stirring it well: it is made in
halfe a quarter of an houre. Spread it
thicke vpon a linnen cloath, and laie it to
the fellon, and aboue it, as hot as the pa-
tient can well abide. Dresse it once in
twelue houres. Use it thre or foure daies,
or longer, if the fellon hath bene of long
continuance. The like order, but lesse
time will serue to cure the whitblowe, or
an angrie and burning swelling. It
draweth out the corruption, being appli-
ed hot, and driueth it not in, although the
vineger be cold. If the vineger be verie
sharpe, so that it will get off the skinne;
ansoint the place first with a little sweet
oile lightlie oner.

For

For a Ringwoorme, Tetter,
and such like.

The 23. Chapter.



Take the iuice of Celandine
and bath the place twise or
thrise a daie, & in verie short
time it will helpe thee.

For the Toothach.

The 24. Chapter.



Take the iuice, or rather milke of
the garden spurge, and temper it
with wheat flour, untill it be an
hard paste or dowe. If thy tooth be hol-
lowe, put the quantitie of a barlie come
thereof into it; also put of it in a cloath,
and laie it to thy iawne or gummes.

But if thy bodie be verie moist, and
rheumatike withall; then I referre thee
to that chaptor, where I haue spoken of
the rheume.

Of the disease, wherewith our wan-
tons of England are troubled.

The 25. Chapter.

There

There is yet one other disease,
whereof it is verie requisite to
speake; therewith our wan-
tons of England are much
troubled. If they feele neuer so small or
light a griefe, they must presentlie to
physicke; untill they haue so filled their
bodies with drugs, that they are sicker
of their physicke, than of anie disease. In
this griefe a little more wit will be a
present helpe: for so shall they haue hea-
uier purses, and lighter harts.

For those which haue their
health.

The 26. Chapter.

Which hath his health, and
would so continue; I wish
him either to forbear, or
little to vse those things which
greatlie digresse from that constitution
or mediocritie, in which man is created.
Our Physicians doe call euerie thing hot
or cold, in respect of the nature of man.
For if it be somewhat hotter than his na-
ture, then it digresseth, and they terme it
hot

hot in the first degree; if yet hotter, hot in the second degree; and in like maner vnto the third, and fourth. Which because it doth so farre exceeð his constitution, by daillie pꝛoofe is found to be vnto him flat poison. The like consideration on the contrarie side haue they of cold things. Whereby you may gather, how like alwaies desireth like, and abhorreth the contrarie. The things which are like, and best agree with the nature of man, are good, hollosme vsuall meats and drinks; a drie, fresh and sweet aire; moderat sleepe and travell, or labour: which although it were allotted to vs as a punishment by GOD, yet mercifullie withall he hath made it a meane to preferue our health. The things which greatlie disagree, are wines, spices, salt meats, and all verie hot things: which thou shalt knowe by taste. For either they bite like pepper, fret like salt, or else shew some manifest great heat in the mouth. Also on the other side, all rawe fruits, and cold herbs, with diuerse things of like nature. Much vse of salutes, deuised by bellie-gods; whome God hath punished, as much by want

want of appetite, hauing meat at will;
as the poore by want of meat, hauing
good appetite. To liue in a thicke or fog-
gie aire, to liue idellie, and to exceed in ea-
ting, drinking, sleeping, or watching.

I would not haue anie man to thinke,
that I doe vtterlie condemne all verie
hot and cold things: but seeing they are
rather of the nature of medicine than nu-
triment, I wish them to be verie dis-
cretlie and moderatlie vsed.

Now further, forsomuch as all men
are subiect vnto death, and our bodies,
(as yeelding therevnto) from time to
time alwaies gather corruption: to pre-
serue our health as much as may be, vn-
till we haue run that race which GOD
hath appointed, I commend vnto you
this receipt.

Take Bozage and Parsellie, in like
quantitie: boile them in theie clarified,
and keepe it in some earthen vessel. Use
of it warme, in the Spring especiallie,
euerie morning fasting, a good draught:
and in euerie draught, take so much of
my potion as will giue thee two sholes a
daie, more than ordinarie. Some may
vse

use it ten daies together, other fiftaine, or
 twentie; as the bodie dooth require. By
 this meanes thou maist pꝛeuent manie
 diseases, and keepe thy bodie in very good
 state. It maketh women apt to con-
 ceive; if (during the taking hereof) they
 liue chaste: and it hath manie other
 speciall vertues, which for breuitie
 sake I will omit.

FINIS.





THE
Hammer for the
Stone:

*So named, for that it
sheweth the most excel-
lent remedie that euer
was knowne for the
same.*

Lately deuised by Walter Cary
Maister of Art, and student in
Phyficke,

¶ Imprinted at London, by
Henrie Denham dwelling in
Pater noster Row at the
signe of the Starre.

1581.



See Guillimin's Heraldry - p. 152.

STC 4733 (BM copy only - of 1580)



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To the Reader.



Considering with my selfe,
(gentle reader) how com-
mon a disease the stone is,
and how little helpe the
parties griued haue by the vsuall
meanes of Physicians in this our time,
and of long time haue had : and also
hearing it diuerse times obiected, that
the most learned Physician can neither
preuent the stone, in those who natu-
rallie are inclined therevnto, neither
cure it in those in whom it is ingende-
red, I did endeuor my selfe with all stu-
die and diligence, to find out some spe-
ciall thing, which might far excell the
remedies now dailie vsed for the cure
of that grieuous disease.

VVherevpon taking mine inuen-
tion from Etius, who vsed verie much
the powder of Goats bloud for cure of
the same : also being further perswaded
therevnto by authoritie of diuerse,

To the Reader,

writing of the nature of goats bloud;
I did with my great charge drawe a
pure and cleare liquor out of the bloud
of the male Goat, which with the pa-
tience of the Physicians, I will be bold
to call a Quintessence.

And hauing made experience ther-
of now two yeares and better, with
diuerse: I thought good to publish the
same, to the reliefe of manie, which are
griued with that infirmitie, and that
in such sort, as it shall appeare vnto the
world, that I rather seeke herein to be-
nesite my Countrie, than anie private
gaine to my selfe.

For whereas no man traubled with
that disease can haue the helpe of the
Physician, without his great charge:
haue deuised that meane, that anie
man so diseased may haue such ease
with verie small charge, as I dare
boldlie auouch, cannot be had by anie
vsuall meanes.

But for the commendation here

To the Reader.

I leaue it rather to be commended by the helpe and ease of those, who feare and feele the passions of that most terrible disease, than use anie long Rhetoricall persuasions, knowing that good wine needs no garland, and that the fairest garland can be no long credit to sowre wine.

And now that this my Quintessence may take the better effect, I thinke it verie necessarie, to signifie vnto such as are inclined to the stone, & to those that are already troubled with the same: First the causes of the stone, and wherof it is ingendered. Secondlie, the difference of stones ingendered in mans bodie. Thirddie, the vsuall waie, both to preuent and cure the stone. And fourthlie, the waie or meane now late deuised for preuenting and curing of the same. VVherein being somewhat instructed, they shalbe the better able to gouerne themselves in auoiding & curing the disease, as not needing the

Physicians

The diuision of the booke into foure Chapters.

To the Reader.

Physicians continuall counsell, but being Physicians to themselves.

Yet I would not haue anie man thinke, that I mind to make anie long or curious discourse of the stone, touching all the deepest pointes of the same, as endeuoring to make the Readers perfect Physicians herein: but onlie to shew them a superficial knowledge, sufficient to direct them in the taking of my Quintessence.

And thus (gentle Reader) haue I diuided that, whereof I mind to write into foure parts, wherein I will not endeuour my selfe to speake whatsoever may conuenientlie be spoken: but rather to speake nothing that maie conuenientlie be left out.

W. C.

The Author to those that are
vexed with the stone, in
verse, as followeth.

Thy silver, gold, thy pretious stone,
Thy mucke, thy worldly wealth,
Nought helpeth now thy grievous grone,
no ease it giveth, no health:

Now dost thou lie

2 Amidst thy friends a prisoner,
A peece of pining claie,
Thy hope for want of hearts desire,
doth faile and bade awaie:

Thou seek'st to die.

3 Thy friends eie tears, thy hart drops blood,
Thy lims and ioints do quake,
Thy stomach vomits that is good,
whose force makes bedsted shake:

An endlesse wo.

4 Thy dolefull life to thee is death,
And death were life to thee,
For paine doth cease with thy last breath,
But life heapes miserie.

Come death! why so?

5 What? what? sends God a maladie,
And not a meane for ease?
No Physicke good? no remedie?
This raging griefe appease?

Though Physicke faile,

Behold

6 Behold a faithfull friend unknowne,
(To do his countrie good)
will ease this grieve and heauie grone,
with water of Goates blood:

Then do not quaille.

7 Though dreadfull death an action brought,
This Goat thy baile will be:
And though the cause be slilie wrought,
The verdict goes with thee:

Lift vp thy hart,

8 His harne, thy hope: his swo, thy wealth:
His heart receiues the knife,
He yeldes his bloud to bring thee health,
His death shall be thy life,
And end thy smart.

Lo, thus the Authour greetes thee well,
Thy friend without desert:
He craues but thanks, and so doth sell
A salure for wounded hart:
He seekes god will, giues ease of paine,
God wordes for ware: an easie gaine.

Vale.



The causes of the stone, and
how it is ingendered in
mans bodie.

The first Chapter.



It is not vnknowne vnto
such as haue bestowed anie
time in the studie of Phy-
sicke, that as well the old as
new writers, with one consent agree,
that there are 2. causes of the stone: the
one materiall, the other fo2mall. The
materiall cause is an earthlie, grosse,
thicke, and slimie humour: the fo2mall
cause is the heate of mans bodie, dige-
sting o2 baking the said humo2, vntill it
be hard, which then remaines in the na-
ture of a stone. This will I make moze
manifest to you by a familiar example.

Two
causes of
the stone.

Clate of it selfe is an earthlie & slimie
substance, which I will compare vnto
the humo2 whereof the stone is inge-
dered. Also the fire I wil compare vnto
the heate of mans bodie, whereby you
may see how the stone is ingendzed. Fo2
this clate being baked in y fire is made
a stone, and loseth his nature of clate.

Here

The Hammer

Here also I thinke it good to note that nature requires alwaies a fit matter to worke vpon. For one onelie action of nature, at one time worketh diuerse & verie contrarie effects: which hapneth, bicause of the contrarietie of the matters wher vpon she worketh, and not by anie diuersitie of hir action. For as by fire, claie is made a stone: so chalke being a stone, by fire is conuerted into powder. And as claie by fire is made a fast & firme substance, which befoze was soft, and easie to be dissolued in water: so chalke being befoze a fast and sound lump, is by the same fire made fit to be dissolued in water, bicause of the discontinuitie, or separation of his parts.

Whereby you may gather, that this slimie humoz, being in mans body, hath a nature verie apt to be turned into a stone, and yeldeth it selfe to the speedie generation therof, wher vnto it is naturallie inclined, which otherwise by so small heate could hardlie be. And therefore I would wishe euerie man to haue a specialle care in refusing meats, & other things, which are apt to breed the stone, and

for the Stone.

and in vsing the contrarie, which here,
after in place conuenient, touching the
preuenting of the stone, I wil not omit.

The difference of stones ingendered
in mans bodie.

The second Chapter.

I haue (according to my promise) by this spoken of the two
causes of the stone. Now with
like breuitie I will speake of the difference
of stones ingendered in mans bodie,
which I find by experience to differ
in place, colour, forme, quantitie, and
hardnes. As touching the first, there
are two vsual places where the stone is
ingendered, the kidnies, and the bladder.
Unto the stone of the kidnies, the
middle aged, & they that somewhat decline,
are most subiect. And these stones
of the kidnies are also of two sorts. For
they are either ingendered in the holow
vessels of the kidnies: or in the substance
or fleshy parts. But vnto the
stone of the bladder, children are most
inclined: which happeneth, for that all
children (for the most part) first eate of
ten

Five speciall differences of the stone.
I

The Hammer

ten, befoze that which they eat befoze be digested. Next after they haue eaten, they vse violent exercise, and motion of their bodie continuallie, wherby they foze a thicker and moze grosse iuice of nutriment, from the stomach into the bodie than nature requireth: and that grosse substance settling in the bottom of the bladder, by the temperate heat of the childe, is conuerted into a stone. As in the making of the artificiall wines, if you let them passe through the strainer gentlie of their owne accord, they come cleare: but if hastilie you foze them by wringing, they come thicke, and being settled, will be full of grounds in the
2 bottome. Secondlie for colour, there are some stones white, some blacke, others yellowe, some red, some ash colour, and some mixt of diuerse colours. Which diuersitie happeneth chieflie by difference of the matter, whereof the stones were ingendered: and somewhat by digestion of the stones, either by smaller or greater heat, with either longer or shorter time. The third difference of stones, is in forme or fashion.
If or

for the Stone.

For some are round, as a ball; some like an egge, some like a pease, some like a barlie corne: some sharpe, some piked, and of diuerse and sundrie other formes, wherof I neede not speake.

The fourth difference is in quantitie: 4
for the stone differeth in quantitie, fro the bignesse of a pins head, or lesse, vnto the quantitie of an egge, or greater. And the smaller sort of stones, are (for the most part) ingendered in the kidnies, and that either in the hollowe vessels of the kidnies, as I said before: which being but small, the stone cannot exceed the bignesse thereof, and therfore must be small also. Or else in the substance or fleshie partes of the kidnies, here and there dispersed, which also are neuer found to be great. But the greater sort of stones are alwaies ingendered in the bladder, for that the vessels being great, will also admit the generation of a great stone. The fift difference is in hardnesse. 5
For there are some (as I haue often scene) which are scant congealed or baked, so that one may break them to grit with his finger and

The Hammer

and his thumbe. Others somewhat harder, & not easie to be broken. And others so hard as they will not easilie yeeld to the Hammer. The stone that breaketh gentle, is (for the most part) red or yellowe. The middle sort is of diuerse colours. The hardest, white. There is also a mixt kind of stone compact of hard stones lightly knit together by soft grauell, and this kind is most dangerous and painfull in voiding.

The vsuall waie how to preuent
and cure the stone.

The third Chapter.

In the two former Chapters I haue brieuie touched the matter, whereof the stone is ingendered, & the difference of stones. Now I will shew the vsuall meanes, both to preuent & cure the stone, which (amongst the Physicians of our time) are now daillie practised. The stone in those, who onelie feare the disease, and are not yet troubled therewith, is preuented by two special meanes. The one is, by abstinence from meates, & things which

for the Stone.

which are apt to breed the stone. Which are of two sorts also. For either they breed in the bodie a fit matter, easie to be conuerted into a stone: as beale, pig, lamb, ling, greenfish, eels, chafe, milk; and generallie, all verie grosse, slimie, swete, and fat meats. Or else they cause an vnnatural heate in the bodie, and inflame the kidnies and other parts: as, heating the back at the fire, lieng much vpon the back, also great vse of pepper, ginger, and other spices, or anie thing of like nature. The other by purging that humoz, which being in the bodie, is not as yet digested to the nature of a stone: which is done by two meanes also. Either by purgations, and lara-tine medicines: or otherwise, by those things, which being of a verie subtile, thin, and pearling nature, passe suddenly through the liuer, the kidnies, and the bladder, and violentlie carrie with them, such slimie and grosse humours as they find by the waie: as, White wine, and Rhenish wine, and such like taken fasting: which being not taken fasting, woꝛke not this effect.

For

The Hammer

For being vsed either with, or sone after meat, they hasten the digestion, and carie grosse and rawe humors into the bodie, whereby they worke a verie contrarie effect, and ingender the stone being much vsed.

But the stone being already ingendered by the vsuall meanes, is to be cured chieflie by things, which cause the stone to breake and void: as Sarsifrage, Parslie, Pellitorie of the wall, Gromwell, and other things infinite, wherof I haue named foure good, pleasant, and easiest to be taken. There are also diuers other meanes: as letting blond, purging, glister, vomits, and mollifying or distending the narowe & streight vessels with oiles, &c. wherein the stone sticketh. But for breuitie sake, all these I let passe.

The preuenting and curing of the stone,
by a new meane late deuised,

The fourth Chapter.

I haue hitherto brieuely touched the causes of the stone, the difference of stones, and the vsuall

for the Stone.

all meanes for preventing and curing
the Stone. Now I mind to shew the
waie, both to prevent & cure the same,
by the Quintessence of Goats blond.
But the maner of making this Quint-
essence, the choice of the Goat, the time
of the yeare, the diuersitie of the blood
of the arterie and of the veine, and the
order of distilling and circulating the
same, I will not here speake of: but (up-
on request) will deliuer it in writing to
the right worshipfull and most learned
companie of Physicians in London,
wishing them to appoint certaine A-
pothecaries, which shall be sworne for
the iust and true making of this Quint-
essence. Which being so made, the
Physicians may direct the same to be
giuen as to them (their patients and
circumstances rightlie weted) shall
seeme most mete. But in the meane
time you shal haue of this Quintessence
as much as I can conuenientlie make,
at maister Graies house the Apotheca-
rie in Sanchurch street, whose honestie
& approued good dealing I dare bololie
commend vnto you: and also at my
house

The Hammer

house in great Wickham in the Countie of Buckingham, if so it be nêrer to such as desire the same.

The vse of the Quintessence, being at five shillings the wine pint, for those that are from their father and mother, or either of them naturallie inclined therevnto, or otherwise feare the disease, and would pzeuent the same: is, to take twentie or thirtie daies in the spring, and likewise in the fall of the lease, two sponesfuls thereof in a good draught of their accustomed drinke fasting, & to fast one houre after it, which wil without all question pzeuerne them from the disease.

But vnto those, who are troubled with the stone, and feele now and then a passion thereof, I haue thought good to pzecribe this order. Cause foure or five galons of drinke to be brewed and turned vp in a little vessell fit for the same, and when it is new tunned, adde thereto lightlie bound together, one good handfull of Parcelle, and one handfull of Pellitorie of the wall, but for want of Pellitorie, take the more Parcelle,

al

for the Stone.

although the other were better. And when your drinke (being either ale or beere, as you like best) is stale enough, drinke thereof everie morning fasting a good and heartie draught, adding thereto two spoonesfuls or more of the Quintessence, (so in greater quantitie you cannot erre) and fast one houre after it, as befoze. But whiles you take it, vse no violent motion of your bodie, but gentle walking, or such like: least the stone beginning to breake, the peeces thereof fall into the narowe vessels betwene the kidnies and the bladder, or from the bladder into the yard, to your great torment. And this order I wish you to vse as long as you find anie gravel to auoid. But bicause oft times the gravel doth void, and yet not to be discerned, as my late experience hath taught me, I thinke it requisite here to shew the strange working of the Quintessence. If you put into a cup of wine a peece of light, hollowe, and soft sugar, the wine presentlie entreth into all parts thereof, and causeth it to fall like a sandie substance. But if you put into

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the

The Hammer

the same cup of wine, a peece of white, hard, and perfect good sugar, it resisteth the wine, and suffereth onelie the outward parts in long time, some & some to be dissolued. So likewise, if the Quintessence find in the bodie an holowe, soft, and grettie stone, it entereth presentlie into the same, dissolneth it, and causeth it to hold in granel, being not able to suffer the long action or working of the Quintessence. But the stone being hard, long digested, and having his substance fast & soundlie compact together, the Quintessence cannot enter into the same, but worketh vpon the outward parts thereof, and the more stronglie it abideth and resisteth, the more perfectlie the Quintessence resolneth the same. For manifest proue hereof, if in taking the Quintessence, you find no granel to hold, set your urine first made, after the taking of the Quintessence, in some open vessell, vpon the embers in a temperate heate, and suffer it so to stand, vntill all the water be breathed away, and that which remaineth be perfect drie, which you shall find

for the Stone.

find a grettie substance, if you were troubled with the stone. And this is a verie perfect triall.

Now I thinke it good to note, that if the stone be great in quantitie and in the bladder, you must vse the Quintessence the longer, and not looke to be cured miraculouſlie with the vse thereof of a weeke or two. And against this kind especiallie I wish the Parcelle to be vsed (as befoze) for that it is a great opener, and wil helpe the Quintessence to passe moze swiftlie vnto the kidnies and the bladder, where it ought to worke, which otherwise continuing long in the stomach, loseth part of his vertue, and worketh not so effectuellie. But if the partie be verie old withall, and hath his kidnies and bladder excoriate, or either of them, yet chieflie the bladder, then I wish him not onlie to vse the Quintessence, as befoze, but also to obserue verie diligentlie this diet: Abstaine fro all wine, aquavite, aqua composita, beere, veruice, vineger, aliger, perrie, cidar, salt, & salt meates, all spices, ozenges, lemons, mustard, and

The Hammer

and all rawe fruites, and generallie from all things which cause the vaine to be hot, sharpe, or fretting. For then, although the stone be cured, yet the partie hath litle ease, for that the sharpe vaine hauing accesse to the sozenesse and rawnesse of the kidnies or bladder, will not suffer the partes affected to heale, but rather increaseth the grieve. If you be troubled with the erulceration of the bladder, the manifest and continuall paine thereof will declare the same: also the grieve in making water, and hardnesse of making water, which rather droppeth than runneth, bicause the force expulsive is decayed: but if, with the erulceration of the kidnies, then haue you paine in your loins. But if you be grieved with either of anie continuance, with your vaine there voideth often slimie corruption, like the white of an egge, or filthie blood, and suche like. I wissh those who remaine in this ease especiallie troubled with the erulceration of the bladder, not to torment their bodies with much physicke. For although eased, yet cured they

for the Stone.

they cannot be. Whilſe I counſell them
(as beſoze) to remoue the ſtone, and to
auoid by abſtinence from the things
aſoze recited, the ſharpneſſe of vrine,
which are the cauſes efficient of theſe
griefe, and that done, to vſe for healing
of theſe ſoze kidnies and bladders, as
neare as may be, a reſonable quantitie
of Goates milke, euerie moꝝning fa-
ſting: alſo the ſyrup of Platante is a
ſpeciall thing in theſe griefes, vſing one
ſpoonefull thereof in the moꝝning in ale
clarified.

And now to end this my ſhort worke,
I let paſſe that which a number of wri-
ters ſet forth of the nature of the Goat,
and the vertue of his bloud againſt the
ſtone. Whilſe I alledge one ſentence of
Fuchſius, an excellent, wiſe, and learned
Phyſician, which I find in his booke De
medendis morbis. Writing of the ſtone
and the cure therof, after he had ſhewed
diuerſe remedies, he endeth thus: *San-*
guis deniq; hircinus, ad calculos cum remu-
tum veſicæ præſens remedium eſt. Nam præ-
exiſtentes ſoluit, & per vrinam excernit, &
vt alij ampliùs non generentur prohibet. ac
dolorem

The Hammer.

dolorem sedat. And to conclude, Goates bloud is a present remedie, both for the stone of the kidnies and the bladder. For it dissolueth those that are there already, and voideth them by yrine, and suffereth no more to ingender, also taketh awaie the paine.

But least this most excellent medicine should be slandered, I haue thought good to signifie, that if anie person hauing vbled the Quintessence, in such sort as is requisite, both for time and order, find not such remedie as I haue promised, and he looked for: let him (if it seeme good) repaire to my house in **Wichham** aforesaid, where he shall find me readie without either penie or penie worth, to do what possible I may for his further cure. And if by taking ought herein, I

breake my promise, let me be rather thought a deceiuer, than one seeking to bene-

fitte my Coun-
trie.

FINIS.

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